



Flare Up Plan

Below is a customisable plan to help with de-sensitising the body to chronic pain. Each time you use these skills, you are helping slow your body down, understand it better and building towards quality of life.

Distress or Pain Level	Technique	Purpose	Usefulness
High	<u>Temperature - ice bowl</u> <u>Intense exercise</u> <u>Breathing exercise</u> <u>Progressive Muscle Relaxation</u>	To help with crisis pain by regulating breathing, temperature and core functions affecting pain signalling	Pain Before: ___/10 After: ___/10 Distress before: ___/10 after: ___/10 How did I do it? What was useful and what wasn't? -----
Moderate	Pacing		
Low	Playing with my pet		



If emergency call 000 and if emotional distress or crisis - can call Mental Health Access Line (1800 011 511) Lifeline (13 11 14) - 24/7